

Values Clarification Worksheet

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What truly matters to you, in each area of life

Values are directions, not destinations - they aren't "checked off", they are lived, step by step. For each area, briefly note what kind of person you want to be and one small, concrete step you could take this week.

Family

How do you want to show up as a partner/parent/child?

Relationships and friends

What kind of friend do you want to be?

Work / career

What matters to you in your work?

Physical health

How do you want to take care of your body?

Personal growth

What do you want to learn, or in what way do you want to grow?

Leisure and creativity

What activities nourish you and bring you joy?